



Friendship Heights



# VILLAGE NEWS

SEPTEMBER 2006

301-656-2797

VOLUME 20, NO. 16

**Visit the  
Portrait  
Gallery**

see page 3



## Retreat to the Mountains

Escape the city and head for the mountains as we travel to Western Maryland and West Virginia for a two-day getaway on **Thursday, Oct. 19 and Friday, Oct. 20.**

Our autumnal excursion features history and historic homes, great mountain views, and even a scenic train ride, all within a few hours of home. We'll leave the Village Center on Thursday at 9 a.m., and travel to historic Frederick, where we'll have a guided tour of the National Museum of Civil War Medicine. During the battles of Antietam and South Mountain, more than 9,000 injured Union and Confederate soldiers received medical attention in Frederick, where churches, schools, and hotels were turned into makeshift hospitals. This fascinating museum eloquently tells the medical side of the Civil War. Exhibits tell the story of army life and the doctors' and nurses' attempts to aid wounded soldiers, as well as the medical advances they made as the war progressed. Following our tour, we'll enjoy lunch at Frederick's Brewers Alley.

Our menu includes mixed green salad, roasted breast of chicken with lemon beurre blanc, wild rice pilaf, steamed vegetables, rolls, and New

*Continued on page 2*

## Bamberger Series presents New York Times Reporter Frank Rich

Frank Rich, acclaimed columnist for *The New York Times*, will discuss his book, *The Greatest Story Ever Sold: The Decline and Fall of Truth From 9/11 to Katrina*, at the Village Center on **Sunday, Sept. 24, at 3 p.m.**, just five days after its publication.

Mr. Rich's weekly 1500-word essay in *The Times* helped inaugurate the expanded opinion pages that the paper introduced in the Sunday Week in Review section in April 2005. From 2003-2005, Mr. Rich was the front page columnist for the Sunday Arts & Leisure section.

Mr. Rich has been at the paper since 1980, when he was named chief theater critic. Beginning in 1994, he became an Op-Ed columnist, and in 1999 he became the first *Times* columnist to write a regu-



*Continued on page 3*

## Let's go out for dinner!

An elegant dinner in a lovely dining room with beautiful music — what could be nicer? Join us for the Army and Navy Club's "Chateaubriand Enchanted Evening" on **Friday, Sept. 29.**

Dinner will include salad, filet mignon with Bearnaise sauce, garlic mashed potatoes, fresh vegetables, a chef's dessert surprise, and red or white wine.

The Army and Navy Club traces its beginnings to 1885 when seven officers — all Army, Navy and Marine Corps veterans of the Mexican and Civil wars — met to form the United Service Club.

In 1891 the Club was reestablished as The Army and Navy Club, and almost 100 years later, it moved to its present location near Farragut Square. Membership has included one of the first men to land on the moon, the first person to fly solo across the Atlantic, participants in the first around-the-world flight, as well as Presidents, Vice-Presidents, members of Congress, and, cabinet officials. More than 80 members have appeared on the cover of Time magazine.

We will leave the Center at 5:30 p.m. and return by 9:30 p.m. Cost is \$64, which includes dinner, transportation and driver's gratuity.

*Continued on page 2*

**Tom Ricks to Speak at Center, see page 5**

# CHILDREN'S PROGRAMS

## Saturday Story time

Friendship Heights favorite Barbara Papendorp presents a back-to-school story featuring the Berenstain Bears. This time it's sister bear's first day of school in *The Berenstain Bears Go to School*. Join us on **Saturday, Sept. 30, from 10:30 to 11:30 a.m.** at the Village Center. The storytime is designed for children, ages 3 to 8, but all are welcome. Children must be accompanied by a parent, grandparent or guardian. There is no charge for this event, but please call the Village Center at

### ***Rocky Gap Overnight, Continued from page 1***

York cheesecake for dessert. After lunch, you'll have time to explore the shops and historic sites of this charming town, which features a 33-block historic area with its 18th- and 19th- century buildings and churches. There are numerous antique and specialty shops to visit as well.

Then we're off to Western Maryland, where we'll check in to the Rocky Gap Lodge and Resort. Located in the 3,000-acre Rocky Gap State Park, this resort features a 243-acre lake and a Jack Nicklaus golf course.

Settle in, relax and enjoy the spectacular views of Lake Habeeb and Evitts Mountain. Dinner is on your own; the resort offers casual or fine dining options. Join us after 7 p.m. for roasted marshmallows around the campfire.

In the morning, you can enjoy breakfast at your leisure while you take in the beautiful scenery.

***Continued on page 5***

### ***Army and Navy Dinner, Continued from page 1***

***(Cocktails, sodas, sparkling water, or wine beyond what is poured during dinner must be paid for by cash or check to the Village Center at the end of the evening).***

Residents and one guest may sign up immediately; nonresidents may sign up Sept. 15. Deadline to sign up is Sept. 20. There are 23 spaces available.



## Friendship Heights VILLAGE NEWS

**[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)**

**Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### **ADVERTISING**

The deadline for reserving space for the October issue is September 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

### **FOUNDER**

**Martin Kuhn**

### **EDITORIAL STAFF**

**Melanie Rose White**  
Volunteer Editor

**Jennie Fogarty**  
Staff Writer

**Anne Hughes O'Neil**  
Staff Writer, Advertising

**Susan C. Zarriello**  
Page Design/Layout

### **FRIENDSHIP HEIGHTS VILLAGE COUNCIL**

**Melanie Rose White**  
Mayor

**Maurice Trebach**  
Chairman

**Leonard E. Mudd**  
Vice Chairman

**Elizabeth Demetra Harris**  
Secretary

**Alvan M. Morris**  
Treasurer

**Robert M. Schwarzbart**  
Parliamentarian

**Leonard Grant**  
Councilmember

### **VILLAGE MANAGER**

**Julian P. Mansfield**



**FLOYD J. COLLINS**  
REALTOR-Associate

20 Chevy Chase Circle, NW  
Washington, DC 20015  
Office: (202) 363-9700  
Res: (301) 654-7515  
Office Fax: (202) 364-0161  
E-Mail: [FloydJC@aol.com](mailto:FloydJC@aol.com)



### **Estate Planning and Tax Center**

**Law Offices of Binstock, Torchinsky  
and Associates, P.C.**

The Barlow Building  
5454 Wisconsin Avenue, Suite 1340  
Chevy Chase, MD 20815  
301-657-5555

### ***Creative Strategies for Preserving Your Wealth***

Wills, Trusts, Probate, Charitable Planning, Tax Matters  
50 years of combined experience  
Each partner is a Lawyer and CPA

***Complimentary Consultation  
for Our Friendship Heights Neighbors***

Visit our website at [www.binstocktorchinsky.com](http://www.binstocktorchinsky.com)

# ON the GO...



## The famous and infamous in Washington history

Anthony Pitch, award-winning author and Smithsonian tour guide, will lead an anecdotal history tour of Washington on **Thursday, Sept. 21.**

Highlights of the tour will include sites connected with the assassination of Abraham Lincoln - where he lived as a Congressman, as President-elect, where he was shot, where he died, and where Andrew Johnson was sworn in as President; the Archives where we will hear the story of the man who saved the Declaration of Independence and the Constitution from British invaders; Capitol Hill where we will learn about Senators, Congresspersons and Supreme Court Justices; and the White House where Mr. Pitch will explain the "curse of Lafayette Square." We'll also make stops at the Iwo Jima Memorial and in Georgetown.

Anthony Pitch is Washington's most acclaimed specialist tour guide. He is a former Associated Press Broadcast Editor, and has been featured on The History Channel, National Public Radio, and other networks.

We will depart the Center at 1 p.m. and return at 3 p.m. The cost of the tour is \$35. **Please note: the tour does not include interior visits. There is no restroom on the bus and we do not get off the bus at all during the tour.**



Lady  
Elizabeth  
HAIR DESIGN

4601 N. PARK AVE.  
CHEVY CHASE, MD

HOURS  
DAILY TIL 6, THURS. TIL 9  
SUN. 9-4

(301) 652-7767

## Portraits and Poste

After six years of extensive renovation, the National Portrait Gallery and Smithsonian American Art Museum have reopened and they are stunning. Join us on **Wednesday, Oct. 4** for a visit to these twin museums housed together in the wonderfully ornate former Patent Office Building. Together they contain the world's largest collection of American paintings, sculpture, photographs, and crafts.

We will begin with lunch at Poste Moderne Brasserie in the elegant Hotel Monaco. One of Washingtonian Magazine's Top 100 Restaurants, Poste has been a hit since it opened. Our lunch will include (please choose when you sign up) soup du jour (chef's choice of either pumpkin or squash) or arugula salad as an appetizer; wild striped bass, pan roasted Amish chicken, or Steak Frites as an entrée; and, chocolate pot de crème or strawberry rhubarb parfait for dessert.

Following lunch we will cross the street to the Portrait Gallery for a docent-led "highlights tour." The NPG has the nation's only complete collection of presidential portraits outside the White House, as well as a permanent collection of portraits of notable Americans in the world of sports and entertainment.

Plenty of time will be allowed for exploring the American Art Museum on your own. The permanent collection here includes fabulous folk art, paintings by Edward Hopper in the "American Experience" exhibit, and a conservation center, the first of its kind, that allows public to view essential preservation work.

Cost is \$79, which includes transportation, three-course lunch, and all gratuities.

We will depart the Center at 11 a.m. and return by 4 p.m. Residents and one guest may sign up immediately; nonresidents may sign up Sept. 15. Deadline for signing up is Sept. 27. There are 24 spaces available. **This trip involves nearly two hours of walking and climbing 20 steps into the museum.**

### Frank Rich, Continued from page 1

lar double-length column for the Op-Ed page. From 1999-2003, he additionally served as Senior Writer for *The New York Times Magazine*. The dual title was a first for *The Times* and allowed Mr. Rich to explore a variety of topics at greater length than before.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of *The Greatest Story Ever Sold*, as well as his memoir, *Ghost Light*, will be available for purchase.

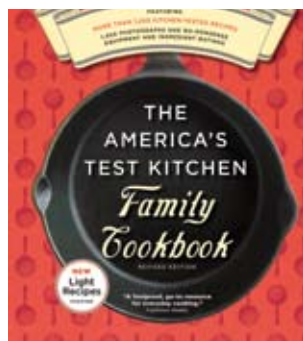


# Popular Cookbook authors to speak at Village Center

*Christopher Kimball and Joan Nathan discuss their books*

Christopher Kimball, founder and editor of *Cook's Illustrated* and host of *America's Test Kitchen*, the popular public television show, will speak at the Village Center on **Thursday, Oct. 5, at 7 p.m.** If you missed him last year, this is your opportunity to purchase the new version of *America's Test Kitchen Family Cookbook*, repackaged to be easier to use and expanded to include a new chapter of healthy, light recipes.

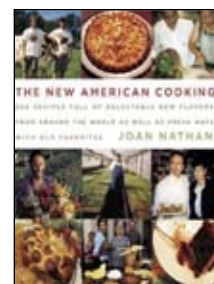
Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.



Joan Nathan, "the doyenne of Jewish-American food," will discuss her award winning cookbook, *The New American Cooking*, at the Village Center on **Thursday, Sept. 28, at 7:30 p.m.**

Ms. Nathan is the author of nine cookbooks and a regular contributor to the *New York Times*. Her PBS television series, "Jewish Cooking in America with Joan Nathan," was nominated in 2000 for the James Beard Award for Best National Television Food Show. An inductee to the James Beard Foundation's Who's Who in American Food and Beverage, she has also received the Silver Spoon Award from Food Arts Magazine. Joan Nathan's most recent cookbook, *The New American Cooking*, explores the many innovators and innovations that have influenced American food over the past 40 years.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will for sale.



## NANCY MELLON REALTY

has been unlocking doors in Friendship Heights for over 20 years...



If you are buying or selling your home, you want the best. So call the first "Friendship Team" located in the center of Friendship Heights in the Willoughby.

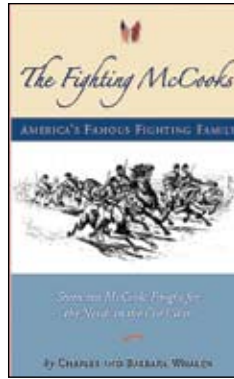
4500 N. Park Avenue  
Suite 804N

301-951-0668

## America's Famous Fighting Family

One of the most remarkable stories to come out of the Civil War was that of the McCook family, which sent 17 members to 46 battlefields. No major battle took place in the western theatre of the war that did not include at least one of the "Fighting McCooks" of Ohio. Former Congressman Charles Whalen and his wife Barbara spent 20 years researching and writing about this legendary and heroic family and will discuss the McCooks at the Village Center on **Monday, Sept. 18, at 1 p.m.**

Please reserve a seat by calling 301-656-2797. Copies of the Whalens' book, *The Fighting McCooks*, will be available for purchase.



i-

## Post Reporter Tom Ricks to speak at the Center

Pulitzer Prize-winning *Washington Post* senior Pentagon correspondent Thomas Ricks will discuss his best-selling book, *Fiasco: The American Military Adventure in Iraq*, at the Village Center **Thursday, Oct. 12, at 7:30 p.m.**

Mr. Ricks has made five trips to Iraq since the war began and interviewed American soldiers and officers (including many senior officers) extensively. "Fiasco" is the word he uses to characterize America's actions in Iraq; he contends that the Pentagon concocted "the worst war plan in American history" with insufficient troops and no thought for the invasion's aftermath.

*Fiasco* hit #1 on Amazon the day it was released and has climbed to the top spot of every bestseller list since then. Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.

### *Rocky Gap Overnight, Continued from page 2*

In the mid-morning we'll travel to Romney, West Virginia, where we'll board the Potomac Eagle Scenic Railroad. During our train ride we'll enjoy lunch while viewing historic farms and lush mountain greenery along the south branch of the Potomac River. Don't be surprised if you see American Bald Eagles gliding gently across blue mountain skies.

En route home, we'll stop just outside of Winchester, Va., for a guided tour of Historic Long Branch. Located at the foot of the Blue Ridge Mountains, Long Branch is one of the most historic and elegant manor homes in the Virginia Hunt Country.

***Continued on page 13***

## VILLAGE CLASSIFIEDS

### Private Duty Nurse/ Certified Nursing Assistant

Do you need help?

Please call Belinda at 301-366-8929 or 301-725-5757

- Can drive to appointments
- Live out or live in
- Seven years experience
- Insured
- Good references

### Wanted To Buy

VINTAGE MODERN FURNITURE, artwork and decorative art. I am particularly interested in classic American and Danish modern from the 1950s, '60s and '70s. Please call Brandon at 202-722-6588.

### For sale by owner

The Willoughby, beautiful condo, renovated, sunny and spacious, 2 BR + den/office, 2 BA, view, balcony. \$535,000. Tel.: 202-494-6233

### Why drive to a gym?

The Village Center offers classes in Yoga, Mat Pilates and Tai Chi!



**Check out page 10 and find the class that works for you.** (Free parking behind the Holiday Inn in the evenings and on weekends)

## Driver safety program offered at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a state-mandated discount on their auto insurance premiums.

The course will be offered **Friday, Sept. 22 and Friday, Sept. 29, from 10 a.m. to 3 p.m.** at the Village Center (students must attend both classes). The cost is \$10 and checks should be made out to AARP. Students must bring to class with them their driver's license and a ballpoint pen. Register at the Village Center.

**DR. MICHAEL L. GITTLESON**



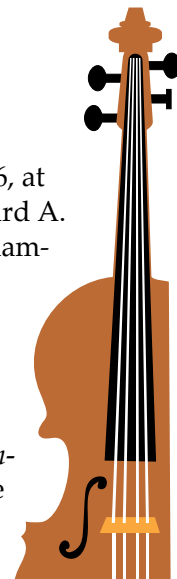
**Podiatrist**



**The Barlow Building**  
**5454 Wisconsin Ave., Suite 640**  
**Chevy Chase, MD 20815**  
**(301) 986-4900**  
**Medicine and Surgery of the Foot**

## Landon Symphonette in Concert

Join us for a lunchtime concert by the Landon Symphonette on Saturday, Sept. 16, at at noon at the Village Center. Led by Richard A. Weilenmann, the Landon Symphonette Chamber Orchestra features some of the areas best young performers with local veteran musicians. This September performance will include Bach's *Suite No. 3 in D major*; Torelli's *Sonata in D major*, with trumpet soloist Andrew Schuller; and Mozart's *Symphony No. 29*. The concert is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



## Join Friendship Heights' *Financial Inner Circle*

For six generations The National Capital Bank of Washington has served Washington's most well-informed residents.

Our constant mission is to provide loyal personal banking relationships based on integrity and trust. We open financial doors. Take the first step to greater affluence today by calling to set an appointment. Or, visit us in Friendship Heights.



**THE NATIONAL CAPITAL BANK**  
Founded 1889 **OF WASHINGTON**

5228 44th Street, NW, Washington, DC 20015 • 202-966-2688  
 316 Pennsylvania Avenue, SE, Washington, DC 20003 • 202-546-8000  
[www.NationalCapitalBank.com](http://www.NationalCapitalBank.com)

MEMBER  
**FDIC**



*Experience The Difference.  
The Difference is Experience.*

**Mehmet Halici**  
 Associate Broker  
 Top 1% of all realtors in the Nation  
 Licensed in Maryland • Washington DC • Virginia

**21+ YEARS**  
 EXPERIENCE IN  
 MARYLAND  
 WASHINGTON DC  
 VIRGINIA  
 REAL ESTATE  
 MARKETS

**Weichert Realtors**

Mehmet is a resident in the center of Friendship Heights, his care and concern for the real estate value of your neighborhood and his, makes his neighborhood knowledge a tremendous asset to those at Friendship Heights.

Give Mehmet a call if you are considering buying or selling, or just allow him to assist you with a complementary real estate consultation.

MOBILE: 202-431-1991 OFFICE: 301-656-2500  
[mhalici@mhalici.com](mailto:mhalici@mhalici.com) • [www.mhalici.com](http://www.mhalici.com)



# FRIENDSHIP GALLERY

## Alfredo Ratinoff and his students to exhibit this month

Argentinean ceramic artist Alfredo Ratinoff and his students will exhibit their works in Friendship Gallery during September. Mr. Ratinoff studied at the National School of Ceramics in Buenos Aires, and also studied drawing and painting at the National Art Academy. He specialized for many years in large scale installations of tile and mosaic murals and has been commissioned extensively throughout the U.S. and by major corporations. He is currently a faculty member for the Art Department for ceramics and mosaics at The Smithsonian Institution as well as the Torpedo Factory Art Center in Alexandria, VA.

The exhibit begins Sept. 2 and runs until Sept. 30. The public is invited to meet the artists at a reception on **Sunday, Sept. 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive.



## LINDA & JAY ROSENKRANZ

Award Winning Team  
Condo Specialists

Linda & Jay live in **Friendship Heights**,  
Specialize in **Friendship Heights**,  
And sell in **Friendship Heights**.

If you are buying or selling

**Call the top team in Friendship Heights.**



**301 656-6334**

**RLEST8@aol.com**



## Condo Curious?

**DO YOU KNOW** just how much  
your condo has **APPRECIATED?**

With over 14 years of real estate  
experience, I am your  
**BEST CHOICE** when buying or  
selling in Friendship Heights

Call me today for a **FREE**  
home market analysis!

**301-652-2777**



Steven R. Katchman



# Calendar



# Calendar



# CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.  
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

## NEW CLASSES

### CONTINUING SPANISH 1

This 8-week course begins Sept. 13. For students who took Spanish 1 in the spring. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$170 for residents, \$180 for nonresidents and \$100 for anyone 65 or older. Session ends Nov. 1.

### CONTINUING SPANISH 2

This 8-week course begins Sept. 12. For students who took Spanish 2 in the spring. The class meets Tuesdays, from 9:30 to 11:30 a.m. The cost is \$170 for residents, \$180 for nonresidents and \$100 for anyone 65 or older. Session ends Oct. 31.

### DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 11. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 20 (no class on Oct. 9).

### MAT PILATES

A 6-week session begins September 5. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80 for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor Ginger Russell has been certified by the *PhysicalMind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends Oct. 24 (no class on Sept. 12 or Oct. 10). Maximum number of students is 15.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins September 6. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. The cost is \$65. (Maximum number of students is 8). Session ends October 11.

### STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth emphasizing the elements of art: line, color, texture, shape and value. Class is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Begins Sept. 28. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$165 for residents; \$170 for nonresidents. Last class is Dec. 21.

### STRENGTH TRAINING (MONDAY)

Christine Bruchac, from NRH Regional Rehab, leads a strength and conditioning class. This 10-week session begins Sept. 11. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745.

### STRENGTH TRAINING (WEDNESDAY)

See description above. A 10-week session begins Sept. 13. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745.

### TAI CHI (SATURDAY)

This new class begins a 6-week session Sept. 16. Meets Saturdays from 9 to 9:45 a.m. The cost is \$30. Session ends Oct. 21. Please register by Sept. 14; minimum of 8 students required. Feel free to email instructor Thomas Johnson at [Taijitaj@comcast.net](mailto:Taijitaj@comcast.net) if you have any questions.

### TAI CHI (TUESDAY)

This 6-week session begins Oct. 3. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Nov. 14. Feel free to email instructor Thomas Johnson at [Taijitaj@comcast.net](mailto:Taijitaj@comcast.net) if you have any questions. (No class on Nov. 7)

### TAI CHI (THURSDAY)

This 6-week session begins Sept. 14. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Oct. 19. Feel free to email instructor Thomas Johnson at [Taijitaj@comcast.net](mailto:Taijitaj@comcast.net) if you have any questions.

### YOGA (DAYTIME)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 17. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$80 for residents and \$95 for non-residents. Class will meet Sept. 17, 24, Oct 1, 22, 29, Nov. 12, 19, and Dec.3. (Students who must miss a class may make it up in the Monday class with the instructor's permission).



## YOGA (EVENING)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 18. Meets Mondays from 7:30 to 8:50 p.m. See description above. The cost is \$80 for residents and \$95 for non-residents. Class will meet Sept. 18, 25, Oct. 16, 23, 30, Nov. 13, 20, and Dec. 4. (Students who must miss a class may make it up in the Sunday class).

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### BRIDGE

An informal drop-in bridge group meets each Friday from 1 to 4 p.m. Most players are intermediate or advanced.

### COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by

group members.

### GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

### MOVIES

All are invited to enjoy a free movie and popcorn most Thursdays at 7 p.m.

### SCRABBLE

This group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

### TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

### VILLAGE PLAY TIME

Children of all ages are welcome at the Village Center most Thurs-

days from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium. Children must be accompanied by a caregiver, friend or family member over age 13.

### WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

### YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

## Thursday Night Movie

**Thursday, Sept. 14, 7 p.m.**

— **The Lost City.** Veteran actor Andy Garcia steps into the director's chair for this heartfelt tribute to revolutionary, late '50s era Cuba featuring Dustin Hoffman, Bill Murray, Tomas Milian, and Garcia in the starring role. Garcia plays Fico Fellove, the politically neutral owner of the El Tropicito nightclub who seeks shelter from the winds of change behind the crowded bar of his flourishing business. His brothers, however, are passionate about the revolution, and it is just a matter of time before their lives are forever changed. Rated R. Running Time: 124 minutes.

## "Specializing in Advanced Digital Hearing Aids"

**Call Today For A FREE  
Hearing Screening**



Professional Service Since 1973

## Chevy Chase Audiology Associates

Nehama Pluznik, M.A., CCC-A, FAAA • Certified, Licensed Audiologist  
Neal Jacobs, HIS • Hearing Instrument Specialist

- ◆ Diagnostic Hearing Tests
- ◆ We accept Medicare & Blue Cross
- ◆ Service - Repair - Batteries for all makes and models



Fitting hearing aids by Widex and other leading companies.

**30 DAY TRIAL PERIOD**

5530 Wisconsin Ave • Suite 1540  
Chevy Chase, MD 20815

**301-907-0002**



# CONCERTS

**Concerts on Sept. 6 and 13 will be performed in Hubert Humphrey Park from 7 to 8 p.m.** *In the event of inclement weather, concerts will take place Huntley Hall in the Friendship Heights Village Center.* **Concerts after Sept. 14 will be performed in Huntley Hall from 7:30 to 8:30 p.m.**

**Wednesday, Sept. 6 — Broadway in the Park.** Enjoy the last few moments of summer outdoors as Elynn Crawford and Mark Hanak present a selection of Broadway classics during this concert in Hubert Humphrey Park. The performance takes place from 7 to 8 p.m.

**Wednesday, Sept. 13 — Dixie Power Trio.** Savor summer just a little longer with an outdoor concert in Hubert Humphrey Park by the Dixie Power Trio. This group brings their fresh New Orleans jazz and zydeco to Friendship Heights for one last concert in Hubert Humphrey Park this summer. They may tackle anything from Louis Armstrong to Louis Jordan to Lou Reed. Borrowing material from the Neville Brothers, Buckwheat Zydeco, Dr. John, Chuck Berry, the Beatles, and countless other groups, the Dixie Power Trio has a

knack for reinventing classics. At the same time, they take pride in their authenticity of their new Orleans jazz repertoire.

**Wednesday, Sept. 20 — Spice of Life.** Pianist Mark Hanak leads this trio in a nostalgic look back at American music. Its repertoire includes music from Hollywood to Broadway and the great American songbook.

**Wednesday, Sept. 27 — Ericka Ovette.** A consummate performer, Ericka Ovette blends the styles of Bessie Smith, Billie Holliday, and Ella Fitzgerald for a wonderful evening of jazz and American popular standards. Ericka Ovette, who in the past several years has toured Europe, South America, and Asia, recently returned from performances in Panama under the auspices of the U.S. Department of State.

Buy  
one cone,  
get one  
**FREE**  
with this ad



**Now Open  
in Friendship Heights**

21 Wisconsin Circle  
(in Chevy Chase Center,  
next to Clyde's)

301-652-8965  
[www.giffords.com](http://www.giffords.com)

Offer valid on single-size only.  
One coupon per customer.  
Offer good until September 30, 2006.  
Valid at Chevy Chase location only.

**WASHINGTON'S FAVORITE SINCE 1938**

## FPO

### York drop in Custom Fitness Color Ad



# TO YOUR HEALTH

## Low vision lunch and learn

If you have trouble reading this article with glasses or contact lenses, you may have low vision. Learn how to improve the quality of your life at the first of a three-part series of programs at the Village Center on **Thursday, Oct. 5, at 12 p.m.**

Bring a bag lunch and join Lind Stevens, low vision occupational therapist at the Vision Rehabilitation Service at the National Retina Institute. Dessert and beverage will be provided.

This program is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

### ***Rocky Gap Overnight, Continued from page 5***

We should return to Friendship Heights by 6:30 p.m. An early sign up discount price of \$264, per person double occupancy, is available until Sept. 12.

After Sept. 12, the price is \$289, per person double occupancy. The trip includes transportation, one night deluxe accommodations, two lunches, one breakfast, admission and guided tours, train ride and all taxes

## The Mammovan's coming

The GW University Mammovan will conduct breast health screenings in its mobile unit in Friendship Heights on **Tuesday, Sept. 26, from 9:30 a.m. to 3:30 p.m.** Part of the Mobile Mammography Program through George Washington University's Medical Faculty Associates, the Mammovan is a self-contained mobile unit that offers one-stop screening in a comfortable, convenient environment. The mammogram takes about 20 minutes; results will be issued within a few weeks. Call 202-741-3020 to make an appointment and for insurance information.

## Talking thyroid

"Thyroid Problems: What Causes Them and How Can They be Treated?" is the title of this month's Suburban Health Talk on **Wednesday, Sept. 13, at 1 p.m.** Dr. John Merendino will talk about the functions of the thyroid gland. He will also describe a variety of symptoms that relate to an under functioning gland or to a hyper active one. He will also discuss the surgical and medical treatments available.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

and gratuities. The single supplement is \$72. Sign ups begin immediately. A deposit of \$100 is due at sign up. The deadline to sign up is Sept. 19. The deposit is fully refundable until Sept. 19. Cancellations after Sept. 19 are subject to penalties.

*This trip requires some walking. There are 24 steps leading from the first floor to the second floor of Long Branch. Attendees may opt to remain on the first floor.*

## FPO

## York drop in Larry Greenbaum Ad

# FPO Insert Montgomery Commuter Services

## Cafe Muse presents...

This month's Café Muse, on **Thursday, Sept 21, at 7 p.m.**, presents poets Nathalie Anderson and Nick Johnson.

Nathalie Anderson directs the Creative Writing program at Swarthmore College and serves as Poet in Residence for the Rosenbach Museum and Library in Philadelphia. Her poems have appeared in several magazines and she is the author of two prize-winning books: *Following Fred Astaire* and *Crawlers*.

Nick Johnson is a MacDowell Colony fellow, Pushcart Prize nominee, and winner of The Lyric Recovery Festival Award 2000 at Carnegie Hall. He is co-founder and senior poetry editor of Big City Lit (BigCityLit.com), an on-line literary magazine. He has taught creative writing for many years at the Payne Whitney Clinic and The Lighthouse in New York City. His new chapbook is entitled *Degrees of Freedom*.

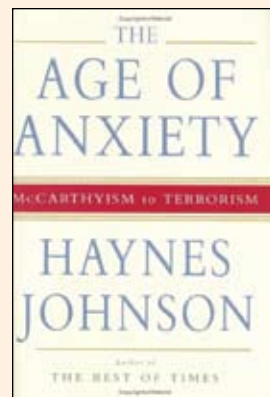
Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

## Pulitzer Prize-winning journalist to speak at Center

Haynes Johnson, author, television commentator, and winner of the Pulitzer Prize for distinguished national reporting, will speak at the Village Center on **Thursday, Sept. 7, at 7:30 p.m.**

Mr. Johnson joined the Washington Post in 1969 and served as a national reporter, assistant managing editor, and a national affairs columnist. He appears regularly on the PBS-TV program Washington Week in Review and The NewsHour with Jim Lehrer. In this Bamberger Series lecture he will discuss his most recent book, *The Age of Anxiety: McCarthyism to Terrorism*.







## Bringing Our "Neighborhood" to Yours *Innovative Alzheimer's care at Brighton Gardens at Friendship Heights.*

Brighton Gardens at Friendship Heights provides specially designed Alzheimer's care based on each resident's rich history and individual needs. The result is a personalized environment as loving as it is innovative. We call it the Reminiscence Neighborhood.

It's a unique approach within our communities created to stimulate the memories and senses of seniors with memory impairments.

Supportive and nurturing staff, Life Skills Center, interactive Reminiscence kits and

multi-sensory experiences keep our residents involved in the familiar routines that marked their lives: arts & crafts, music, office work, setting the dinner table and even folding laundry. It's all designed to focus on each resident's strengths and abilities as well as to help them return to the comfort of a time that brought them much joy.

And because each senior is gently guided along in a place that looks and feels like home, every day is a pleasant day in the neighborhood.

**You're Invited...The Italian Embassy presenting Italy: Experience the Food, Music and Language.  
 October 6, 2006 from 3-4 pm RSVP to 301.656.1900 by 10/ 3**

  
**BRIGHTON**  
 GARDENS  
 ASSISTED LIVING

A SUNRISE SENIOR LIVING COMMUNITY



**Friendship Heights**

**Brighton Gardens at Friendship Heights**

**301-656-1900**

**5555 Friendship Boulevard**

Assisted Living Alzheimer's Care

For more information and a FREE online newsletter, visit [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)